

PAIN ASSESSMENT RATING SCALE

The Pain Assessment Rating Scale is designed for use with non-verbal people who are unable to provide self-reports of pain.

Instructions: Rate each of the five measurement categories (Face, Restlessness, Muscle Tone, Vocalization, Consolability) – 0, 1 or 2.

- Add these together.
- Document the total pain score out of 10.

Name: _____ Date: _____ Time: _____

Face	0 Facial muscles relaxed; may be smiling or no particular expression	1 Facial muscle tension, occasional frown or grimace; sad or frightened; withdrawn or disinterested	2 Frequent to constant frown or grimace; clenched jaw, quivering chin	Face Score:
Restlessness	0 Quiet, relaxed appearance; normal movement, moves easily	1 Occasional restless movement, squirming, shifting position, tense	2 Frequent restless movement, may include extremities or head; arched, rigid, or jerking	Restlessness Score:
Muscle Tone	0 Normal muscle tone, normal position or relaxed	1 Increased tone, flexion of fingers and toes	2 Rigid tone, fists clenched, knees pulled up	Muscle Tone Score:
Vocalization	0 No abnormal sounds	1 Occasional moans, cries, whimpers, or grunts	2 Frequent or continuous moans, cries, sobs, whimpers, or grunts; frequent complaints	Vocalization Score:
Consolability	0 Content, relaxed	1 Distracted or reassured by voice or touch	2 Difficult to comfort by touch or talk; pushing or pulling away	Consolability Score:
Pain Assessment Rating Scale Total (0-10):				/10